



fight seasonal allergies

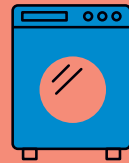
8 tips to minimize allergy symptoms



**Stay inside
when it's dry
and windy**



**Limit your time
around grass
and trees**



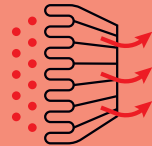
**Wash clothes
after being
outside**



**Bathe or shower
after being
outside**



**Keep doors
and windows
closed**



**Use a
HEPA filter**



**Vacuum
often**



**Flush sinuses
with nasal rinse**

Get more tips on fighting allergies at [childrens.com/allergies](https://www.childrens.com/allergies)